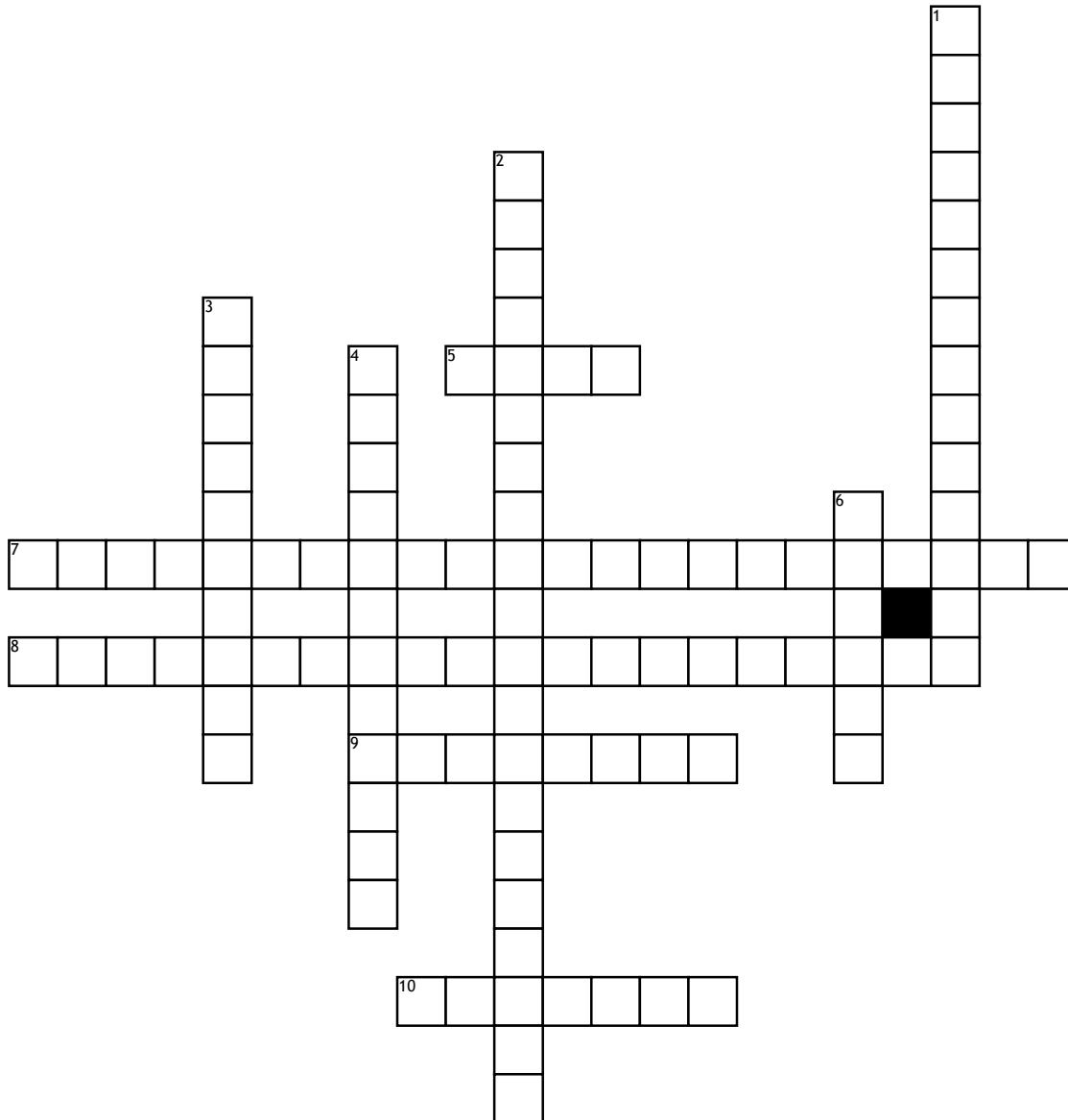


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Chapter 18- Stress Management



## Across

- 5. Activity done of ones own free will
- 7. adapting to stress by changing your perceptions of stress
- 8. Adapting to stress by regulating emotions
- 9. you identify with your shortcomings
- 10. Time that is free from the demands of work

## Down

- 1. seeking immediate, temporary relief from stress
- 2. Adapting to stress by changing the source of stress
- 3. Something you do for amusement or fun
- 4. you dwell on negatives and ignore positives
- 6. A persons constantly changing cognitive and psychological efforts to manage stress